



Shabbat **Unplugged!**

Take Part in the 2015 National Day of Unplugging
Sundown on Friday, **March 6** to sundown on Saturday, **March 7**



Another way to think about Jewish time

Once again this year we will partner with Reboot for the National Day of Unplugging (NDU). NDU is part of a larger project called the Sabbath Manifesto, which encourages hyper-connected and frequently frantic people of all backgrounds to re-embrace a day of rest. NDU 2015 takes place from sundown on Friday, March 6 to sundown on Saturday, March 7.

Using NDU as an invitation to begin thinking about unplugging and then connecting with one another, the Sabbath Manifesto can be something your members do individually, or it can serve as the beginning of an all-community program highlighting the benefits of slowing down, and unplugging. We like to think of it as an invitation to examine the rhythm of our days and weeks. This is another way to think about Jewish time.

Inside you'll find the JCC Association Beginner's Guide to Shabbat Unplugged. In it are a few suggestions to begin interpreting the 10 core principles of the Sabbath Manifesto.

The Sabbath Manifesto was conceived of and developed by Reboot, rebooters.net, a growing network of thought-leaders and innovators who work toward a common goal: to "reboot" Jewish culture, ritual, and traditions. We are excited to partner with them.

We invite you to register at: sabbathmanifesto.org/unplug/registration in order to gain access to additional guides created by Reboot.

And we invite you to share your stories and discoveries with us as you unplug on JCCA.ME!

Best regards,

Randy Ellen Lutterman
Vice President, Arts and Culture, JCC Association

The Ten Principles

The ten core principles of the Sabbath Manifesto are specifically created to be open for unique interpretation by you and your community. The principles can be practiced solo, or in a group. **It's up to you to explore, refine and create!** And then we hope you will share your experiences with us on JCCA.me.

1. **Avoid technology**
2. **Connect with loved ones**
3. **Nurture your health**
4. **Get outside**
5. **Avoid commerce**
6. **Light candles**
7. **Drink wine**
8. **Eat bread**
9. **Find silence**
10. **Give back**



JCC Association Beginner's Guide to Shabbat Unplugged!



I feel that art has something to do with the achievement of stillness in the midst of chaos. A stillness which characterizes prayer, too, and the eye of the storm. I think that art has something to do with an arrest of attention in the midst of distractions.

— Saul Bellow

The Sabbath Manifesto is about building community and connectivity, and we are in the business of building community. How do we help people unplug to help them connect with one another? How do we help people unplug to invite them to listen to themselves?

Because each JCC has different needs, each JCC community can choose which areas of the program they wish to develop. In any one JCC there is also the possibility of multiple areas where the Sabbath Manifesto can result in small or large project-work. There is also the great potential for outreach into the larger community.

Where to begin?

Here are some suggestions for ways to incorporate the Ten Principles into your Sabbath Manifesto gathering:

Avoid technology

- Post a message that you are “unplugging” and will return.
- Collect cell phones, tablets, Blackberries, iPhones at the beginning of your day or event.

Connect with loved ones

- Have stamped postcards so participants can write to their friends and family.
- Thank a teacher, thank a mentor, thank or acknowledge someone for doing a mitzvah.

Nurture your health

- Buy locally grown food from a farmers market.
- Have children plant with older adults in your gardens.
- Invite selected members to share a moment where they consciously choose to nurture their health.

Get outside

- Organize a neighborhood walk.
- Play schoolyard games.
- Organize a fun physical group activity for your members on a Saturday afternoon.
- Take a moment as a group to breathe some fresh air. Share favorite outdoor stories with your children.
- Create a wall mural.

Avoid commerce

- Create a potluck Friday dinner, and invite from both inside and outside the community.
- Challenge people to cook using only what is in their kitchen.
- Gather, and avoid speaking about work. Create discussion topics to inform the conversation. Focus on the environment, lessons from the weekly Torah portion, social justice.

Light candles

- Help signify the beginning of Shabbat with an intergenerational candle lighting ceremony.
- Personalize the candle lighting ritual, and ask people to light and share one thought for the upcoming week.
- Enjoy your meal by candle light.

Drink wine (21 and over)

- Create an alternative ritual by grouping participants together in small circles to discuss one issue/topic/theme before they say a blessing (traditional or their own new version) over the wine.

Eat bread

- Incorporate a challah baking session into the program or serve challah bread pudding.
- Share special challah recipes and the stories behind them. Share Shabbat memories.

Find silence

- Create a blessing or an intention for your community.
- Invite a moment of silence during the program where participants reflect on a particular issue/topic/theme.
- Create a community in stillness using yoga, meditation, guided imagery, etc.
- Ask children to draw a picture of their favorite quiet place.

Give back

- Write a meaningful letter to someone.
- Organize an effort to deliver lunches to members of the community in need of a hot meal.
- Check in and connect with older, potentially more isolated adults.
- Families, teach your children to watch and understand the impact of behavior. Acknowledge a good deed. Give thanks.
- Help your child write a note as a “secret agent” who has noticed someone’s goodness.
- Research and choose a worthy cause and ask participants to bring donations.
- Source other opportunities to give back at werepair.org

We hope that you will share your stories with us as you slow down, reconnect with friends and family, and work to find balance in our fast-paced world.

Happy **Unplugging!**

Sabbath Manifesto



*Slowing down lives
since 2010*

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02. *Connect with loved ones.*

03. *Nurture your health.*

04. *Get outside.*

05. *Avoid commerce.*

06. *Light candles.*

07. *Drink wine.*

08. *Eat bread.*

09. *Find silence.*

10. *Give back.*

Sabbath Manifesto powered by:



sabbathmanifesto.org
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